

CLASSES	Duration (Mins)		
Pilates	55	£11 a class or pay by term 6 week=£60	Reception 01424 215300
Pilates - Holiday sessions	55		Reception 01424 215300
Pilates - 1-2-1 Charlotte/Lucy/Daisy	60	£45.00	Reception 01424 215300
Fitness Class	45	£10 per session	Reception 01424 215300
Yoga Classes	75	£9	Rose 01424 215300

MASSAGE THERAPIES

Sports Massage Therapy	60	45.00	Larry 07952 923884
Various Massages with Hayley	45 60 90	£40.00 £50.00 £70.00	Hayley 07826 744151

HOLISTIC

Reflexology	60	£40.00	Hayley 07826 744151
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NUTRITIONAL/DIET

Naturopathic Nutritionist	60	£85.00 Then £65 follow ups	Nadja 07956283924
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CHIROPODY / PODIATRY

Nail cutting & foot massage	Various	£25.00	Linda 07715503884
General foot treatment	Various	£30.00	Linda 07715503884
Home visits available	Various	£40.00	Linda 07715503884
Other treatments available	Various	Please call to discuss	Linda 07715503884

ACUPUNCTURE

TCM Acupuncture <i>(Traditional Chinese Medicine)</i>	90	£55.00 (Then £45 60min follow ups)	Eleanor 07779 006821
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LASER & SKIN SPECIALIST

Laser hair & skin treatments, blemish removal, electrolysis, skin peels & dermaplaning	Various from £30	Please call to discuss	Kimberley 07918010852
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Vouchers available upon request